

Chicken Fajita

Ingredients

- 3/4 tsp vegetable oil
- 3/4 tsp garlic
- 10 oz cooked fajita seasoned chicken strips
- 2/3 cup green bell peppers, sliced
- 1/2 cup onion, sliced
- 3/4 tsp dry taco seasoning mix
- 3/8 tsp cumin
- 4 whole wheat 6" tortillas



Directions

1. In a large pot on medium heat, place oil, garlic, and chicken. Cook until chicken is thawed, or if already thawed, for 3 minutes.
2. Add julienned peppers, onions, and seasonings. Cook for an additional 5 minutes or until peppers and onions are tender and internal temperature reaches 165°F.
3. Place in a 12 x 20 inch pan. Serve using one tortilla placing the chicken mixture on top.

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 199 calories, 5.91 g fat, 2.61 g saturated fat, 704 mg sodium, 19.18 g carbohydrate, 2.62 g fiber, 2.5 g sugar, 16.51 g protein